

# Nutrition Packet

MAY





# Salmon Alfredo with Vegetables (serves 4 to 6)

## INGREDIENTS\*

- 4 frozen **salmon fillets**
- 2 teaspoons lemon juice, optional
- Salt and pepper
- 2 Tablespoons **vegetable oil**
- 8 oz. **whole grain rotini**
- 3 - 4 cups **cauliflower** (~ ½ of a head of cauliflower), trimmed, washed and cut into flowerets
- 1 Tablespoon **butter**
- 2 garlic cloves, minced OR ¼ teaspoon garlic powder
- 1 Tablespoon **all-purpose flour**
- 1 ½ cup **1% low-fat milk**
- 1 ¼ cup Parmesan cheese, grated and divided 1 cup + ¼ cup (or part **American cheese**)
- 2 Tablespoons 1/3-less-fat cream cheese (Neufchatel)
- ¼ teaspoon salt
- 1 cup **frozen peas**, thawed
- 1 - 2 Tablespoons fresh flat-leaf parsley, chopped OR 1 - 2 teaspoons dried parsley

Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

## INSTRUCTIONS

1. Wash your hands before preparing food. Rinse salmon in cool water to remove ice glaze and pat dry with paper towel. Drizzle teaspoon lemon juice over top of each fillet. Sprinkle each fillet with salt and pepper. Drizzle vegetable oil in skillet, heat to medium high and place fillets in with skin side up. Wash your hands again and cook for 4 minutes and flip with a turner; cook an additional 4 minutes. Fish is done when the flesh is opaque and flakes easily.
2. Cook pasta according to package directions to al dente; do not overcook. Add cauliflower pieces for last 3-4 minutes of cooking. Drain.
3. While salmon and pasta/cauliflower cook, melt butter in a saucepan over medium heat. Add garlic and cook for 1 minute, stirring. Reduce heat, sprinkle in flour, coat with melted butter.
4. Gradually add milk, stirring with a whisk. Cook over low to medium heat until mixture thickens, stirring constantly (about 5 minutes). Add 1 cup cheese, cream cheese, and salt, until melted.
5. Toss sauce with pasta and cauliflower and add peas. Sprinkle with remaining ¼ cup cheese and chopped parsley. Garnish with black pepper, if desired. Place salmon fillet on top, serve.

### NOTES AND IDEAS:

- Salmon may be flaked or broken into large pieces and mixed together with pasta and sauce.
- Cajun spices are delicious on the salmon in place of the salt and pepper.
- Any type of fish, or chicken, could be used instead of the salmon.
- Many different combinations of vegetables can be used in this dish.

### LINKS:

**YouTube:** [https://youtu.be/JO-ZkUK\\_KWw](https://youtu.be/JO-ZkUK_KWw)

**Instagram:** [https://www.instagram.com/tv/CN2drugHanC/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CN2drugHanC/?utm_source=ig_web_copy_link)

**Facebook:** <https://fb.watch/4ZIMBPmgug/>

**Download:** [https://itcni-my.sharepoint.com/:v:/g/personal/mwillette\\_itcni\\_org/EZf4PEYb32BKnapBpX80tDsBvCZwOOjEcTK-HyPrrARzCw?e=Sat9LN](https://itcni-my.sharepoint.com/:v:/g/personal/mwillette_itcni_org/EZf4PEYb32BKnapBpX80tDsBvCZwOOjEcTK-HyPrrARzCw?e=Sat9LN)

# Carrots with Garlic and Basil (Serves 4 to 5)

## INGREDIENTS\*

- 1 pound of fresh **whole carrots**  
OR **baby carrots**
- ½ cup water
- 2-3 teaspoons **vegetable oil**
- 2-3 cloves garlic, crushed and minced, OR ¼ teaspoon garlic powder
- ½ teaspoon dried basil
- Salt and pepper

Adapted from: *Recipes Wrapped with Love, 2011 The Chickasaw Nation Food Distribution Program*

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

## INSTRUCTIONS

1. Wash your hands before preparing food.
2. Wash carrots, peel if desired, cut off stems and tips of whole carrots. Slice thinner ends ½ inch thick and thicker ends ¾ inch thick. If using baby carrots, cut in half lengthwise.
3. Place water, vegetable oil, and carrots in large saucepan / skillet with a cover. Bring to a boil, turn to medium and boil gently for 2-3 minutes.
4. Remove cover and add garlic and dried basil. Leave cover off, and continue to cook for 3-5 minutes allowing all of the water to evaporate. Stir every few minutes, to prevent sticking.
5. When carrots are desired tenderness, remove from stove and sprinkle with salt and pepper.
6. This makes a great side dish with meat and potatoes or other starch.

### NOTES AND IDEAS:

- The vegetable oil helps your body absorb the vitamin A compounds in the carrots
- You can use 2-3 Tablespoons of fresh basil that has been shredded in place of dried basil; sprinkle it on at the end of cooking
- You can also use jarred pesto in place of the oil, garlic and basil – use about 1 Tablespoon of pesto
- Fresh green beans are really good mixed with the carrots in this recipe OR canned green beans could be added at the end of cooking



# Cooking Methods to Master

Mastering basic cooking methods is the foundation of solid kitchen skills. Read on for information and tips about some common cooking methods that use your oven and stovetop. With practice, these methods will help you create delicious, healthy meals.

## 10 COOKING TERMS TO KNOW

1. **Bake:** to cook surrounded by dry air in the oven (food may be covered or uncovered)
2. **Boil:** to cook in rapidly boiling liquid
3. **Broil:** to cook with direct heat under a heating element in the oven or a broiler
4. **Grill or barbecue:** to cook with direct heat over hot coals or another heat source
5. **Poach:** to cook directly in liquid, usually just below boiling
6. **Roast:** to cook uncovered with dry heat in the oven
7. **Sauté:** to cook in a small amount of fat, stirring so the food browns evenly
8. **Simmer:** to cook gently in liquid, just below boiling
9. **Steam:** to cook over boiling or simmering water on a rack or in a steamer basket in a covered pot
10. **Stir-fry:** to quickly cook small pieces of food in a small amount of oil over high heat while stirring constantly

## BROILING

Broiling is used to cook foods such as thinner cuts of meat (like steak), chicken, and fatty fish (like tuna steaks or salmon) and to finish cooking dishes with crispy or browned toppings.

The broiling time and the food's proximity to the heat source will vary. To brown the topping on a casserole, place the pan close to the heat for just a few minutes. A thick piece of fish or chicken takes longer to broil, so place them farther from the heat source so the top doesn't burn.

## ROASTING

Roasting is used for larger cuts of meat, fish, and poultry, and it can be used for fruits and vegetables.

Roast meat, fish, and poultry on a rack or sheet pan. Using a rack allows fat to drip away from the food. To keep the meat, fish, or poultry moist, brush it from time to time as it roasts with a low-fat sauce or marinade that has not come in contact with raw meat.

To roast potatoes, peppers, carrots, and other vegetables, brush them first with a thin layer of olive or vegetable oil and spread in a single layer on a sheet pan. Roasting brings out their natural flavor. Fruits, such as apples, pears, stone fruits, and pineapple, can be roasted for use in mixed dishes or desserts.

## SAUTÉING

Sautéing is used to cook smaller pieces of meat, fish, poultry, and vegetables. To keep food from sticking, add a small amount of oil to a shallow pan or spray the pan with nonstick cooking spray or an oil spritzer. When the pan is hot, add the food and turn occasionally. Add broth, a splash of wine, herbs, or spices while sautéing to bring out flavor without adding more fat.

## STIR-FRYING

Stir-frying is also used to cook smaller pieces of meat, seafood, poultry, and vegetables. But stir-frying is done over high heat so that foods cook in just a few minutes. It's a good idea to have all your ingredients measured and prepped before you begin.

Add a small amount of oil, such as canola or soybean oil, to a wok or nonstick frying pan. Heat over high heat. When the oil is hot, add foods and stir frequently until the foods are cooked.



## USE A FOOD THERMOMETER TO KNOW WHEN COOKED MEATS ARE SAFE TO EAT:

### Beef, Pork, Veal, Lamb: steaks, chops, roasts

- 145°F (63°C) and allow to rest for at least 3 minutes

### Ham: fresh or smoked (uncooked)

- 145°F (63°C) and allow to rest for at least 3 minutes

### Ground meats

- 160°F (71°C)

### Poultry (all parts and stuffing)

- 165°F (74°C) and allow to rest for at least 3 minutes

### Fish and Shellfish

- 145°F (63°C) small pieces of food in a small amount of oil over high heat while stirring constantly

# Cooking Methods to Master (continued)

## POACHING

Poaching uses water or a flavorful liquid (like stock, broth, or wine) to gently cook fish, poultry, eggs, or whole fruits (like apples and pears).

Add the cooking liquid to a large skillet or saucepan and bring it to a boil. Lower the heat and add the food, making sure that the food is completely immersed in liquid. Simmer over low heat until the food is cooked. For more flavor, add herbs, spices, or vegetables like carrots, onions, and celery to the poaching liquid.

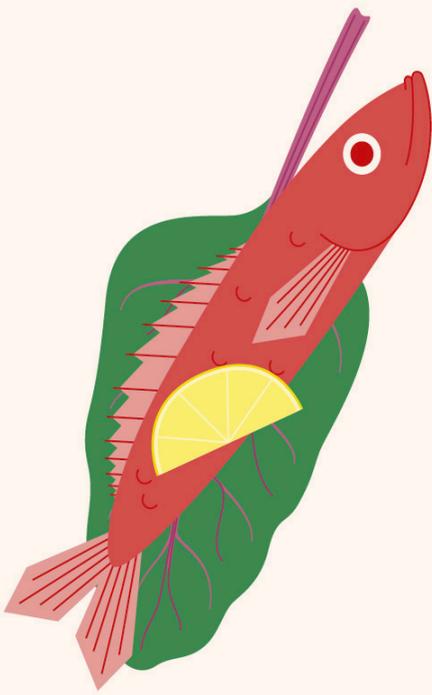
## STEAMING

Steaming is a quick cooking method for foods like vegetables, fish, shellfish, and chicken.

Bring a few inches of water to a boil in a pot that is large enough to hold a steamer basket or insert. Add the steamer to the pot. Fill the steamer with food and cover tightly. (Some recipes may instruct you to reduce the water to a simmer before covering the pot.)

A boneless piece of fish or chicken breast will take 15 to 30 minutes to steam. Steam vegetables for just a few minutes until they are tender but not mushy.

To steam vegetables without a steamer, add them to a pan with a small amount of boiling liquid that does not completely cover the food. Cover tightly and cook until tender.



## THE FIBER FACTOR

Eating foods with a type of fiber found in beans, oats, barley, nuts, brussels sprouts, citrus fruits, and apples may help lower blood cholesterol levels, which can protect against heart disease. Try these ideas to boost fiber in your meal plan:

- Start the day with a bowl of oatmeal. Or serve it for dinner as a savory side dish—cook in low-sodium broth with your favorite chopped veggies.
- Make a meatless meal of bean and vegetable chili or stuffed peppers with a lentil filling.
- Mix up some mushroom barley, black bean, lentil, or split pea soup.
- Add orange segments to a spinach salad.
- Serve roasted brussels sprouts with a drizzle of balsamic vinegar.
- Sprinkle chopped nuts on low-fat or fat-free yogurt.
- Snack on apples spread with peanut butter or almond butter.

# Meal Planning and Shopping for Heart Health

Following a healthy meal plan is an important—and enjoyable—step to help lower your risk for heart disease. Get started with the ideas and tips below.

## MEAL PLANNING FOR HEART HEALTH

### Plan your meals around these foods:

- A wide variety of colorful fruits and vegetables
- Whole grains—aim for at least 3 servings a day
- Fat-free and low-fat dairy foods
- Skinless poultry and fish (Enjoy fish at least 2 times a week, especially types that are high in beneficial omega-3 fatty acids. Salmon, Atlantic or Pacific mackerel, lake trout, tuna, herring, and sardines are among the highest.)
- Beans (such as kidney beans, black beans, and chickpeas), lentils, and split peas
- Nuts and seeds
- Vegetable oils

### Go easy on the following:

- Saturated fat in foods like fatty meats, poultry skin, full-fat dairy foods, and tropical oils, such as coconut and palm oils
- Trans fat in stick margarine, vegetable shortening, and prepared foods, such as cakes, cookies, crackers, snack foods, and commercially fried foods
- Sodium in table salt and in packaged and prepared foods, such as canned soups, lunch meats, and frozen dinners
- Added sugars in sweets (such as candy, cakes, and pies) and sugar-sweetened beverages



## FOR MORE MEAL PLANNING AND SHOPPING TIPS

For heart healthy recipes, meal planning ideas, and shopping tips, visit the Academy of Nutrition and Dietetics website at [www.eatright.org](http://www.eatright.org) and the American Heart Association website at [www.heart.org](http://www.heart.org).

# Meal Planning and Shopping for Heart Health

(continued)

## HEART HEALTHY GROCERY SHOPPING AND MEAL PREP

- Use the Nutrition Facts label to compare the nutrients in a serving of similar foods. Choose foods with more dietary fiber and less saturated fat, sodium, and added sugars. Also choose foods labeled “0 grams trans fat” and without partially hydrogenated oils in the ingredient list.
- Load up on fruits and vegetables—fresh, frozen, canned, jarred, and dried are all fine. Look for plain frozen vegetables, “reduced sodium” or “no added salt” canned vegetables, canned and jarred fruits that are unsweetened or packed in their own juice, and dried fruits without added sugars.
- Choose whole-grain types of bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti. Or try an “ancient” grain like quinoa, buckwheat, or millet as a side dish.
- Select low-fat and fat-free milk, yogurt, and cheese. Compare added sugar levels in yogurt and yogurt drinks and choose those with less added sugars.
- Choose lean meats (look for cuts with “loin” or “round” in the name) and trim off visible fat before cooking. Choose skinless poultry or remove the skin before or after cooking. Bake, broil, roast, grill, or steam instead of frying.
- Try a plant-based protein, such as tofu, tempeh, veggie burgers, and veggie crumbles.
- Pick fish that’s fresh, frozen, canned, or in pouches.
- Buy dry or canned beans, peas, and lentils. Look for reduced-sodium canned beans or rinse regular beans under cold water to reduce sodium.
- Add flavor to foods with herbs, spices, and flavored vinegars instead of salt. Choose low-sodium beef, chicken, and vegetable broth.
- For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Avocado, peanut, and sesame oils are good choices as well.
- For spreads, buy soft tub, liquid, or spray margarines without trans fats rather than butter or stick margarine.
- Choose nutritious snacks, such as unsalted nuts and seeds, hummus with baby carrots, and fruit. Limit less nutritious options like chips, cookies, cakes, and candy.

# Waabigoni Giizis – Blossoming Moon

## 4TH MOON LESSON – MAY

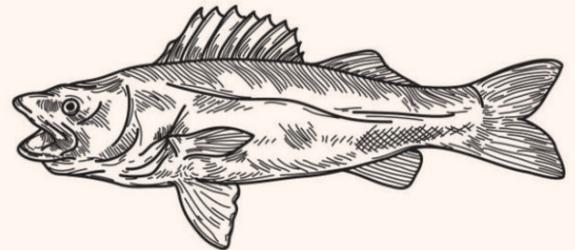
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Waabigoni Giizis Niiwin Giigonh Akwa'waa Gitigaan Mayajiigin	Wah-bih-gwuh-nih-gee-zis Nee-win Gee-goo Uh-kwuh-wah Gih-tih-gawn My-ah-gee-gin	Blossoming Moon Four Fish Spear ice fishing Garden Plant

\*In the White Earth Indian Community, the 4th Moon is called Blossoming Moon. What is the name for the 4th Moon in your community? Who would you ask to find out?

### FISH IS OUR RELATIVE

#### NUTRITION INFO:

- Low fat source of protein
- Rich in Omega-3 fatty acids– important for development of eyes, brain and nervous system (during pregnancy and for infants)
- The American Heart Association recommends people eat fish regularly.



### 13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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